

World Health Day: April 07

VEDIC CONCEPT OF HOLISTIC WELLNESS



By Acharya Bramdeo

Om

Pashyema sharadah shatam ||

Jeevema sharadah shatam ||

Budhyema sharadah shatam ||

Rohema sharadah shatam ||

Pushema sharadah shatam ||

Bhavema sharadah shatam ||

Bhuyema sharadah shatam ||

Bhuyasee sharadah shataat ||

(AtharvaVeda 19.67.1-8)

O, Eeshvar (God)! We pray for a full life (100+ seasons),

- » A wonderful life full of wellness:
- » A life full of seeing (understanding: acceptance, compassion, empathy)
- » A life full of living (no scarcity, i.e. abundance & no extravagance, i.e. moderation)
- » A life full of learning (acquire knowledge & apply it in day-to-day life)
- » A life full of ascending (grow well- a sound body, mind & spirit)
- » A life full of thriving (prosper both materially & spiritually)
- » A life full of growing (peace, progress & prosperity)

The Veda promote a holistic concept of wellness: a long healthy life without disease, incorporating a balanced life where abundance couples with moderation; a healthy lifestyle with a good dosage of tangibles (food habits, regular exercise, clean environment, etc.) and intangibles (gratitude, love, compassion, empathy, meditation, prayer, etc.).

The 6th principle of the Arya Samaj elaborates its vision & mission as: '*to do good to the whole world, i.e. the uplift of the physical, mental/ moral/spiritual & social conditions of all*'. (1875)

The World Health Organisation's definition of health promotes an identical approach:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." (1948)

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